

## How to Contact Us

Call the GGC Referral Management Appointment Booking Centre on:

☎ **0800 592 087**

or email:

@ [appointmentsbookingcentre@ggc.scot.nhs.uk](mailto:appointmentsbookingcentre@ggc.scot.nhs.uk)

This number should be used for all enquiries from the following clinics:

**Gartnavel General Hospital**

**Glasgow Royal Infirmary**

**Queen Elizabeth University Hospital**

**New Stobhill Hospital**

**New Victoria Hospital**

**Vale of Leven Hospital**

**Royal Alexandra Hospital**

**Inverclyde Royal Hospital**

## Accessing the Service Again

If the treatment we gave was helpful for your condition and you would like to see us again for further treatment in the future, then please either request this by calling the referral management centre on:

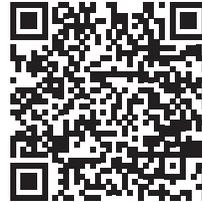
☎ **0800 592 087**

or ask a Healthcare Professional to refer you back to the Orthotic service.

## Further Information

For further information please to go to:

🌐 <https://www.nhsggc.scot/hospitals-services/services-a-to-z/orthotics/>



Advice about your

# Compression Garment



Department of Orthotics

☎ **0800 592 087**



## Introduction

We have given you a compression garment which may be a stocking or arm sleeve as part of your care. This leaflet provides some information on how to use and care for your compression garment.

If you have any further questions or concerns, please contact Orthotics. Please see the - **How to contact us section.**

## How do I wear the Compression garment?

You should apply the compression garment as soon as you get out of bed in the morning.

When you receive the compression garment, you will also have a glider which will make it easier to put the garment on. Please follow the instructions.

When applying the garment make sure that the garment fits smoothly and there are no folds or wrinkles as these can cause discomfort and stop the garment from working as intended.

**Do not** fold over the edges at the top or bottom of your garment as this may cause a tight band to develop.

To remove your compression garment take hold of the upper edge and peel down towards the heel or hand, work the garment over the limb and remove.

Please remove the compression garment before bathing or showering. If possible, try to bathe or shower in the evening before going to bed.

## Skin care

It may be useful to apply a moisturiser in the evening after removing your garment as most compression garments can absorb some moisture and may leave your skin dry.

Your GP or pharmacist can advise about a suitable moisturiser.

## Caring for your compression garment

You can hand wash the compression garment in lukewarm water using a mild soap. Or you can place it in the washing machine on a delicate wash setting (e.g. wool). **Do not** use fabric conditioner.

After washing use a low spin (wool/delicate) and place on a clothes horse or hang on a washing line to dry naturally. Never wring the compression garment.

**Do not use a tumble dryer or place your garment directly on to a radiator as this will damage your garment.**

Fingernails and rings can snag or ladder your compression garment so please take care.

Talc, bath and body oils can affect the silicone band on your garment and over time this area may lose its grip. Cleaning this band with a make-up remover cleansing wipe can help.

## What to do if you have a problem?

After a few days, if you still feel your compression garment is uncomfortable please contact the clinic who supplied your compression garment.

## Replacing your compression garment

The compression garment will last approximately six months and will then need replaced as the level of compression becomes weaker after 6 months of wear.

You can get a replacement on prescription from your GP without you needing to attend the hospital.

If your garment was made to measure (MTM), the unique code for these measurements is sent directly by us to your GP to allow repeat prescriptions. If you feel you have changed size or shape please contact us to arrange a new appointment to be remeasured.